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Is Sask. in for fierce flood fight?

Preparing for the worst. New provincial committee, arsenal of equipment in position to deal with high spring water

ROSS ROMANIUK
ross.romaniuk@metronews.ca

The province is ramping up preparations for the floodwater, if and when it hits.

While the City of Regina had thousands of sandbags ready on Wednesday for potentially severe spring runoff, the Saskatchewan government has put barriers, pumps and other gear in position far outside the capital.

"We're preparing as well as we can for an extreme flood, and hoping that it doesn't occur," Jim Reiter, minister of government relations, told reporters after he was named by Premier Brad Wall as chairman of a provincial flood preparedness committee.

"You can't be prepared too early," added Reiter.

Spring damage

While the province braces for spring floods, many Saskatchewan residents are already suffering through spring damage to their homes as SGI reports more than 700 ice dam claims this year.

- "It's specific type of damage ... and it's related to the heavy snowfall and the melting and re-freezing that we're seeing," said Kelley Brinkworth, manager of media relations for SGI.
- An ice dam is a buildup of ice on eavestroughs, creating a backup of melting water on a rooftop that causes it to drip into interior walls.

JANE CAULFIELD/ METRO IN SASKATOON

Sandbags are piled high by the City of Regina, and ready for protecting properties from floodwater when the expected runoff begins. CONTRIBUTED/CITY OF REGINA

"Our people have been ensuring that we have enough supplies on hand. The department of highways has hundreds of people ready, and they're taking inventory and making sure they have equipment and supplies available, in the appropriate places."

Some of the equipment includes 30 steamers, which rid culverts of ice to get water flowing.

"It generates a high-pressure stream of steam. We use that to get rid of the blockage," said Doug Wakabayashi, spokesman for the Ministry of Highways. "It can actually help stop water from topping a road."

The committee of four cabinet ministers, said Reiter, is tasked with ensuring that flood-fighting operations are properly co-ordinated.

He noted he's concerned about potentially "very significant" flooding, possibly "sort of to the extent that we saw in 2011" when Saskatchewan suffered its worst such disaster in years.

The province has $182 million in its growth and financial security fund that Reiter said "will be called on if needed" for battling floodwater.

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Regina shuts down public snow dump for the season

City got about 200 cm of snow this winter.
Large amount of snow means site is at capacity, leaving many wondering what now?

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The city has closed its public snow dump, leaving contractors and residents wondering where the rest of Regina's snow build-up will go.

Chris Warren, the city's manager of winter maintenance, said they shut down the dump site on Wednesday because the large amount of snow — which at last count a month ago was 1.1 million cubic metres — was getting too congested and dangerous for those using the site.

"There is a lot of equipment ... everything from 18-wheel semis to half-tons to a homeowner just shoveling snow out of the back of their truck. It's become a safety issue with the congestion," said Warren.

The storage site, located off Fleet Street, is the only one the city operates. Warren said he does not know of other public sites and if more snow accumulates, there is a slight chance they will find another location.

"We recognize that there is snow out there and it might cause some hardship for some people," said Warren, "however at this (point) with the congestion and safety of the workers out there we have decided to close it."

With the closure, the city abandons the site and lets nature take its course. Warren says in 2011, snow was still at the site in July and because there is more snow this year, it will take even longer to melt. Regina received as much as 200 centimetres of snow this winter. The snow dump site has been open since November.

Trucks full of snow line the street near the city's snow storage site on Wednesday, trying to dump as much snow before the spring closure at 5 p.m. ALYSSA MCDONALD/METRO

Housing key issue amid population boom

Regina Mayor Michael Fougere at the executive committee meeting on Wednesday. JEFF MACKEY/METRO

Regina's executive committee sat on Wednesday to receive and file a comprehensive housing strategy recommended by the city's administration.

The strategy's purpose is to adjust city policy toward housing due to population growth, and housing market conditions, and to stimulate the housing market.

Targets set by the report include a three per cent vacancy rate in the city by 2017, making 55 per cent of all housing multi-unit, having 30 per cent of all housing as rental units and having 20 per cent of all new housing units affordable or for low and moderate income.

"We only have a certain amount of resources we can use, property taxes being the primary source of funding," said Regina Mayor Michael Fougere. "We have a limit to what we can do and we want to make sure that our program is complementary to federal and provincial program funding."

The committee also extended final approval of the strategy by city council for further public consultation.

"We will have an open house before the report comes back to council," said Fougere. "It will give the public a chance to read the report again and there will be a summary document to provide easier understanding."

The committee heard concerns from the public over some policies in the strategy. These concerns varied from the influx of alleged illegal rooming houses to inadequate public consultation during the making of the report.

The strategy will come before council for final approval on April 29.

JEFF MACKEY/METRO

Regina actress Tatiana Maslany plays multiple characters in the sci-fi series Orphan Black, switching accents at the drop of a hat. CONTRIBUTED/BELL MEDIA

JEFF MACKEY
jeff.mackey@metronews.ca

TOUGH ROLE, BIG REWARD

Regina actress Tatiana Maslany takes on the daunting challenge of playing several characters in the new sci-fi series Orphan Black

For most performers, taking on the lead role in a new television show would be challenge enough.

Well, not only will Regina actress Tatiana Maslany play the lead in the new series Orphan Black, but she will also make up a large portion of the supporting cast.

Oh, and did we mention these different characters she plays also have different accents?

"Looking back on the show, I just kind of realized how much I have really put myself out there in this part, and that is exciting and daunting for sure," Maslany said recently.

Orphan Black, which premieres on March 30, is an original series launched by Space in Canada and BBC America. Maslany plays Sarah, a working-class British girl with a troubled past who finds herself living in North America.

But after Sarah witnesses a tragic and unsettling suicide at a train station, she thinks she may have found the answer to her problems.

"She witnesses the suicide of a woman who looks exactly like her," Maslany said. "Sarah sees the resemblance and is kind of blown away by it, and instead of investigating this woman's life she steals her purse and assumes her identity in order to use it as an opportunity to make some money."

After Sarah takes on the identity of the woman, things start to take some bizarre, even dangerous, turns.

Needless to say, the show isn't on Space for nothing — eventually, conspiracy theories and questions of human cloning come to the surface.

"As much as it is a sci-fi show, I never really saw it as that," Maslany said. "It is really about the real-life characters in that world ... they don't have any super powers or any ability to deal with it in any way that a normal person wouldn't."

That doesn't mean Maslany didn't call on some super powers of her own to pull it all off. The pilot alone sees her flipping between multiple accents at the drop of a hat.

"I have done accent work in the past and it's always been something that really turned me on as an actor," she said.

"It is a whole way of speaking, it is a cadence that is different, it is vocal placing and I feel like it informs people in how they move as well."

Orphan Black premieres on Space on Saturday at 7 p.m. CST.

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Iconic rodent. Some complain Wiarton Willie was wrong this year

The central Ontario town best known as the home of Wiarton Willie is coming to the defence of its furry forecaster.

The Town of South Bruce Peninsula, which includes the community of Wiarton, has issued a statement saying Willie is "still a valued prognosticator" despite grumblings about his accuracy.

The famous rodent did not see his shadow on Groundhog Day, indicating it would be an early spring, but some in his hometown beg to differ.

Early spring?

Willie's American counterpart Punxsutawney Phil came under fire this week when a lawyer threatened to take him to court over his inaccurate forecast.

Mayor John Close says the weather has been normal, but expectations are high following last year's balmy March. THE CANADIAN PRESS

Mayor John Close of Wiarton listens to Willie in February. THE CANADIAN PRESS

Supreme Court sets rules on text-message interception

Privacy rights.
Special wiretap orders needed before police can intercept texts, not ordinary search warrants

Police need special wiretap orders — not just ordinary search warrants — to intercept cellphone text messages as part of criminal investigations, the Supreme Court of Canada ruled Wednesday.

In a 5-2 split decision, the court sided with wireless carrier Telus by agreeing that text messaging is essentially another form of conversation and should receive the same protection to which private communications are entitled under the Criminal Code.

"Text messaging is, in essence, an electronic conversation," Justice Rosalie Abella wrote for the majority of the court.

"Technical differences inherent in new technology should not determine the scope of protection afforded to private communications.

"The only practical difference between text messaging and traditional voice communications is the transmission process. This distinction should not take text messages outside the protection to which private communications are entitled," Justice Abella wrote.

THE CANADIAN PRESS

The Supreme Court says texting should receive the same protection as private communications. THE ASSOCIATED PRESS

Ruling

"We see it as a robust vindication of privacy rights in the digital age."

Abby Deshman of The Canadian Civil Liberties Association

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1.4M viewers. Student's anti-rape video packs a surprise in the punchline

Nineteen-year-old Samantha Stendal's anti-rape video was simple, short and sweet.

And her message has captured 1.4 million viewers in just five days.

Stendal, a second-year University of Oregon film major, decided to make the video titled A Needed Response because of the coverage of the Steubenville, Ohio, rape trial.

In Stendal's 26-second video, a woman is passed out on a couch and a guy in front of her leers at the camera, "Guess what I'm gonna do to her?"

The result is not what you'd expect:

The guy fetches a pillow, a blanket and a glass of water and then says, "Real men treat women with respect."

Stendal, events co-ordinator of the University Film Organization, said she made her first YouTube video because she was upset that one of the first questions about that rape case has been "what the victim could have done differently."

Two Steubenville High School football players were convicted on March 17 of raping a 16-year-old girl who was passed out at a party.

TORSTAR NEWS SERVICE

Quoted

"Guess what I'm gonna do to her?"

Leering guy in A Needed Response video as he looks at a woman passed out on a couch. But then he springs a surprise by bringing her a pillow and a blanket.

Safe Sites

Free condoms rile university

A Massachusetts university is threatening disciplinary action against students who distribute condoms out of their dorm rooms.

Boston College is demanding an end to student-run Safe Sites, a network of dorm rooms where free contraceptives are available.

The university says the distribution of condoms is a violation of the facility's Roman Catholic values.

An American Civil Liberties Union of Massachusetts lawyer says Boston College may be violating student rights.

THE ASSOCIATED PRESS

Health

Probe pinpoints new cancer risks

A huge international operation has uncovered dozens of new DNA signposts that can reveal a person's risk for breast, ovarian or prostate cancer.

Scientists found 49 new risk markers for breast cancer, 26 for prostate cancer and eight for ovarian cancer.

The operation involved genetic tests on 200,000 people, scientists said.

"This adds another piece to the puzzle," said Harpal Kumar, chief executive of Cancer Research U.K., the charity that funded much of the research.

THE ASSOCIATED PRESS

Defence of Marriage Act may soon be dead

Top court drops hints. U.S. judges may toss out law that prevents gay couples from getting benefits that go to married straights

Hoping for a game-changer: Same-sex marriage supporters rally Wednesday outside the U.S. Supreme Court in Washington, D.C. as judges debated a key marriage concept. The court appeared poised to strike down a law that prevents legally married gay couples from receiving certain federal benefits. MARK WILSON/GETTY IMAGES

The U.S. Supreme Court appeared late Wednesday to be on the verge of dropping a gay-marriage bombshell.

It indicated it could strike down the law that prevents legally married gay couples from receiving federal benefits that go to married people.

After two days of intense debate, the court wrapped up its arguments over gay marriage in America.

And Justice Anthony Kennedy — often the decisive vote in a divided court — joined the four more liberal justices in raising questions about the provision of the federal Defence of Marriage Act that is being challenged at the Supreme Court.

Kennedy said the law appears to intrude on the power of states that have chosen to recognize same-sex marriages.

Other justices said the law creates what Justice Ruth Bader Ginsburg called two classes of marriage.

The federal law affects a range of benefits available to married couples, including tax breaks, survivor benefits and health insurance for the spouses of federal employees.

Lower federal courts have struck down the section of the law that defines marriage as being between one man and one woman.

And now the justices, in nearly two hours of argument, were considering whether to follow suit.

President Barack Obama declared his support for gay marriage during last year's presidential election campaign.

Same-sex marriage is legal in nine states and the District of Columbia, while 12 others recognize "civil unions" or "domestic partnerships" that grant the same benefits without full rights of marriage.

All the other U.S. states ban gay marriage in their constitutions.

THE ASSOCIATED PRESS

New logo

Now gay marriage is in the pink

Bud Light said it with beer cans. Martha Stewart said it with red velvet cake.

Companies and celebrities from Beyoncé to George Takei this week joined millions of social media users in posting and tweeting a simple red logo in support of gay marriage.

A square box with thick pink horizontal lines (the mathematical equal symbol) was offered for sharing by the Human Rights Campaign.

The image — pictured above — is a makeover of the advocacy group's logo, usually a blue background with bright yellow lines.

THE ASSOCIATED PRESS

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Riders raise their bikes in 2009 in memoriam of Solange Raulston, who passed away that year in Greenpoint, Brooklyn.
EMILY ANNE EPSTEIN/METRO FILE

Cyclists create wills to encourage police to investigate deaths

New York. Bike riders say traffic collisions don't receive prompt action by the NYPD

ALISON BOWEN
Metro World News in New York

Some cyclists in New York are sure police would drag their feet before investigating traffic collisions that left them mortally wounded — so sure that they are creating wills to fix that.

The environmental advocacy group Time's Up! is collecting what they call living wills, online videos in which New Yorkers ask the NYPD to launch a full investigation if they are fatally struck.

About 25 bikers have submitted wills so far, said Keegan Stephan, a Brooklyn-based cyclist and Time's Up! volunteer.

"The videos are a little chilling," said Stephan, 29. His will asks for an investigative report to be released to the public.

"To me, this is no different than being an organ donor," he said. "If something ... happens to me, I'd at least like it to help save the life of someone else."

Previously, the NYPD only investigated crashes in which the victim died or was likely to die. Many argued this meant no evidence was collected, even if someone was severely injured or did ultimately die.

Earlier this month, the NYPD announced they would also investigate serious injuries.

Stephan said he has been hit by cars countless times.

"It's just a reality check to be biking or even walking in New York City and not realize how dangerous the traffic is," he said. "You're kind of taking your life into your own hands."

Case study

Clara Heyworth, 28, was hit by a car in July 2011 as she stepped across a street.

- Her husband, Jacob Stevens, sued the NYPD, which he said did not do enough to investigate the case.
- Heyworth did not die at the scene, but later succumbed to her injuries. A delay in the investigation meant a lot of evidence was missed, Stevens argued, including skid marks and eye-witness accounts.
- The driver was charged with driving while intoxicated but was not sentenced to jail time.

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Few know a woman's eggs are as old as she is: Study

Like sands through the hourglass, these are the eggs of our lives — but chances are you didn't know that.

A recent UBC study reveals that more than half of women and 66 per cent of men don't realize that women never produce more eggs, and men's particular lack of knowledge about fertility may be contributing to the delayed childbearing trend.

UBC counseling psychology professor Judith Daniluk said her findings are troubling, as the birth rate for women over 40 has more than tripled in the last 10 years and the average age a Canadian woman has her first child is now 30.

"We're talking about more people having babies at that age but also more people having to rely on third-party reproduction — donor egg or donor sperm — and in vitro fertilization," she said.

"Women and men look at these movie stars who are in their 40s and even their 50s and they say, 'Look at them; They're in good health and they're having kids,' but they don't realize that those movie stars are using donor eggs, the eggs of a young woman."

Fewer than half the people surveyed knew that a man's age is also an important factor in a couple's chances of becoming pregnant. Sperm count and motility decreases with age, while the number of abnormal sperm increases.

So how old is too old?

It's not an exact science, but Daniluk said a woman's fertility drops dramatically after age 37, to just over 10 per cent per month. There is also growing evidence that rates of autism, learning disabilities and schizophrenia increase among babies fathered by men over 45.

KATE WEBB/METRO IN VANCOUVER

One expert says female fertility plummets after 37. ERIC DREGER/THE CANADIAN PRESS

Find out more

UBC counseling psychology professor Judith Daniluk has a website, myfertilitychoices.com, that answers questions on fertility and conception.

- **Her key message: knowledge is power.** Fertility tests for women and men can help inform decisions around timing and help to avoid costly procedures, complications, birth defects and heartache later.

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Liberal race. Harper, Mulcair pandering to 'fringes': Trudeau

With the finish line in sight, Justin Trudeau took his Liberal leadership bid to the financial heartland Wednesday, accusing both Prime Minister Stephen Harper and NDP Leader Tom Mulcair of pandering to political extremism.

"We have two parties that are ideologically based around the fringes," Trudeau said. "Where the Liberal party needs to be focused on is the actual large mass of Canadians ... who are not driven by a specific polarizing issue." THE CANADIAN PRESS

Justin Trudeau
TORSTAR NEWS SERVICE

Robocalls

Report calls for harsher punishments

Elections Canada is seeking greater powers to punish anyone caught impersonating one of its officials in the wake of the robocalls affair.

The agency Wednesday released a report into false or misleading calls made during the last federal election.

The report urges the government to create a new offence that includes hefty fines and jail time for anyone caught pretending to be an Elections Canada official. THE CANADIAN PRESS

Muzzling complaints spark debate among Tory MPs

Conservative MP Mark Warawa gets set to appear before the Commons house affairs committee Wednesday in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Freedom of speech. Concerns PM's desire to keep abortion issue closed is trumping freedom of debate

Conservative MPs are grappling with the issue of party control and freedom of speech in Parliament after a handful of their colleagues complained they're being muzzled.

The subject was discussed at the weekly caucus meeting, but there appeared to be no resolution to the problem.

Vancouver-area MP Mark Warawa has complained to the Speaker of the House of Commons that his right to make statements on a subject of his choice before question period has been stifled.

Some MPs sided with Warawa, while others suggested he was offside.

"A member should be able to make a statement on any issue they think is important to themselves or their constituencies," said Tory MP Kyle Seeback.

"Mr. Warawa's (member's statement) should not have been taken away."

Alberta Tory MP Leon Benoit, who had originally backed Warawa's complaint before the speaker, suggested that some measure of peace had been achieved at the weekly meeting.

"We had a really good caucus meeting, and the prime minister's as usual shown good leadership and I appreciate that," said Benoit. "He's a great leader. It was a good discussion." THE CANADIAN PRESS

Quoted

"A member should be able to make a statement on any issue."

Kyle Seeback, Conservative MP

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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Insane wife killer. Court tosses province's claim to life-insurance payout

Ontario's Superior Court of Justice has ruled it would be "manifestly harsh" and "clearly not in the interests of justice" to order cash from a murdered woman's life insurance policy to go to the province rather than to the mentally ill husband who killed her.

The case involved Ved Dhingra, who killed his wife Kamlesh in 2006 but was found not criminally responsible due to a mental disorder.

While the court agreed with the province's argument that the life insurance payout claimed by Dhingra was proceeds of unlawful activity, it found it would not be just for Dhingra to forfeit the funds and consequently dismissed the attorney general's application. THE CANADIAN PRESS

Civil Remedies Act

The Civil Remedies Act, enacted in 2002, aims to prevent criminals from profiting from wrongdoing.

- It does not exempt a person found not criminally responsible on account of mental disorder.

Unscheduled landing

Boozy passenger disrupts flight

An Air Transat flight from Vancouver to the United Kingdom had to make an unscheduled landing in Nunavut because of a drunken and unruly passenger.

RCMP said the plane was diverted early Wednesday to the territorial capital of Iqaluit because the 39-year-old man was belligerent and acting aggressively.

He had to be restrained by flight attendants and other passengers. THE CANADIAN PRESS

Cop killer found not criminally responsible

Mental illness. Three psychiatrists testified man was psychotic at the time he killed Toronto officer while on snowplow rampage

A man who killed a Toronto police officer with a snowplow showed no emotion Wednesday when he was found not criminally responsible.

Jurors reached the verdict in the trial of Richard Kachkar, 46, in the third day of deliberations.

The verdict means the jury believed Kachkar couldn't appreciate what he was doing when he hit and killed Sgt. Ryan Russell, 35, on Jan. 12, 2011, because he was mentally ill.

People who are found not criminally responsible are sent to mental-health facilities for an indeterminate period of time and can be released only when a review board finds they aren't a significant threat to public safety.

But the judge in the case still allowed Russell's family to deliver victim-impact statements.

Speaking directly to Kachkar, Russell's father Glenn said Kachkar had smashed his family into pieces.

"You have no idea how much grief and pain you have caused," he said. "When you ran my son down with that plow and left him bleeding to death in the snow, a large part of myself died."

The judge had told the jury there was "no doubt" Kachkar was driving the stolen snowplow, but what the jury had to consider was his mental state.

The man from St. Catharines, Ont., drove the plow around the city, hitting vehicles and crossing into oncoming traffic. THE CANADIAN PRESS

A man who killed Toronto police Sgt. Ryan Russell, pictured, with a snowplow has been found not criminally responsible. TORONTO POLICE SERVICE

NADbank. 1.6M Canadians read Metro every day

The numbers are in — according to the latest NADbank newspaper research, 1.6 million Canadians from Halifax to Vancouver reach for a Metro newspaper every morning to find out what happened in their communities and around the globe while they slept, an increase of nine per cent over last year.

Every week, 3.9 million Canadians turn to their Metro for the latest news, an increase of 16 per cent. And that's only part of the story.

Metro Canada's total brand footprint — print, digital paper, website and news app — has reached a record 1.8 million daily readers and 4.1 million weekly readers.

"We've heard lots of chatter about the death of newspapers," says Bill McDonald, President of Metro English Canada. "But the truth is, more Canadians than ever before are turning to newspapers across all their platforms, and the growth has been driven by a combination of free dailies and digital properties.

"Our readers — active metropolitans — expect news, information and entertainment from the paper, the app and online, and these numbers tell us we're delivering on that expectation." METRO

Market Minute

DOLLAR
98.38¢
(-0.01¢)

TSX
12,699.65 (-6.73)

OIL
$96.58 US (+24¢)

GOLD
$1,606.20 US (+$10.50)

Natural gas: $4.08 US (+ 9¢)
Dow Jones: 14,526.16 (-33.49)

February inflation shows biggest jump in over 2 decades

Inflation shock. Hike in gasoline prices fuelled month-to-month rise — but figure is likely to be viewed as an anomaly

A steep increase in gasoline prices from January to February helped drive up consumer prices in Canada by a surprisingly strong 1.2 per cent. THE CANADIAN PRESS FILE

Consumer prices in Canada jumped by a surprisingly strong 1.2 per cent in February as a big hike in gasoline helped fuel the biggest month-to-month pop in inflation since January 1991 when Ottawa debuted the GST.

The one-month increase lifted the Canadian annual inflation rate by 0.7 point, also to 1.2 per cent, reversing a trend that had reduced annual inflation to 0.5 per cent in January, the lowest in more than three years.

Economists had expected inflation to start edging up, particularly as gasoline prices were known to have risen, but their best estimate was for a year-to-year increase of 0.8 per cent and a month-to-month increase of 0.7 per cent.

Despite the one-month inflation shock, analysts said Canadians had little to worry about and that the Bank of Canada will likely discount the report as an anomaly.

Derek Holt, vice-president of economics with Scotia Capital, noted the steep increase in gasoline prices from January to February — 8.4 per cent — is not being repeated in March. THE CANADIAN PRESS

Yoga pants recall

No need to bend over: Lululemon

Lululemon said Wednesday that no demonstrations of yoga or any other positions are needed to return the pricey black yoga pants that the company pulled from shelves last week after finding they were too sheer.

"We do not require guests to demonstrate the sheerness of their bottoms," said Sari Martin, who works for communications firm ICR and spoke on behalf of Lululemon.

The statement comes a day after the New York Post recounted one woman's tale of being asked by sales staff to bend over to prove the pants she was trying to return were sheer. Martin would not comment on the specific instance recounted by the Post, but said this is not standard policy for Lululemon staffers.

To the contrary, she said that people who bought the black Luon yoga pants since March 1, either online or in store, can return them for a full refund, "no questions asked." THE ASSOCIATED PRESS

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HEY FANS, CAN I HITCH A RIDE?

HE SAYS

John Mazerolle
metronews.ca

Forgive me, true blue Blue Jays fans, for I have sinned. It has been 20 years since my last celebration. But this Prodigal Fan has returned, contrite, and ready to brush the home plate clean. I'm sorry.

I feel bad because I haven't cheered on the Jays since I was a teenager, way back when a major-league team could win a baseball championship without spending enough money to bail out Cyprus.

Twenty years ago, the Jays had an unusual nickname for a Toronto team: 'winners.' But after peaking in the early 1990s, the team settled into a couple of decades of mediocrity, like the baseball equivalent of The Simpsons, and I emphatically leapt from the bandwagon. Sorry.

Fast forward all the way to this off-season and the Blue Jays are finally expected to soar, because of a little thing called heart. Also: 70 googelty-gillion dollars, give or take. If you took all the $100 bills the Blue Jays have spent this off-season on new players and placed them end to end, you could flog a bunch of man-servants and order them to push the money into a big pile for you to swim in. That's how much money it is.

When I saw that the team was serious about winning, I jumped back on the Jays' bandwagon and bought a 20-ticket package. I feel guilty about it, but try to understand that this bandwagon has cool-looking spoilers and fancy rims and a lift kit that bounces to the bass of the OK, Blue Jays song. I'm so sorry.

Here's why I feel so guilty: As the frequent readers of this column know, I am a die-hard hockey fan of the sort who can tell you exactly where I was May 10, 1970, when Bobby Orr sailed through the air after scoring the Stanley Cup-winning goal for my Boston Bruins. That's right: I didn't exist yet.

So, bad example. But the point is I know when it happened, I know who passed him the puck, I know who the goalie was, I can name most of the team that fell on top of him even though I didn't start cheering for the logo on the sweater until two decades later.

I live and breathe the Boston Bruins. Wins improve my mood, losses sting like a puck in the shins.

The Blue Jays? Well, as I was writing this a friend asked me if I would join a fantasy baseball league. I laughed because I know nothing. To me, fantasy baseball is running the bases in slow motion and making out with Scarlett Johansson when I reach home plate.

Hence my guilt: I feel like I haven't earned the right to call myself a baseball fan. I haven't learned enough, and I haven't suffered enough.

But, in the end, that's why I decided to commit to baseball fandom. Because after a quarter-century of making myself sick, stressed, angry or distraught over hockey, I thought I'd try a sport where I can just relax and enjoy the game.

I know enough to have fun: I'm aware that about 20 years ago a player named Joe Carter hit a home run to win the World Series and leapt around the bases like he was 10. If someone on the new team could do that this year, that'd be swell.

I'll have a fine view from the bandwagon.

ZOOM

My sand, my preciousss

MATT CARDY/GETTY IMAGES

For Gollum, life's a beach

Sand sculptor Radovan Zivny works on a sand sculpture of Gollum, a character from J.R.R. Tolkien's The Hobbit and The Lord of the Rings.

This striking work is part of this year's Hollywood-themed annual Sand Sculpture festival in Weston-Super-Mare, England, due to open to the public on Good Friday.

Zivny, who has been sand sculpting for 15 years, uses basic implements to craft his works: a shovel, trowels, spatulas and a spoon. But the main challenge arises from how compact the sand is.

For the artist, sand sculpting at Weston-super-Mare is for the most part just about, "building an amusing park," he said. METRO WORLD NEWS

Lord of the Sand

"My work Gollum is all about expression, obsession and a sense of schizophrenia. I went for Gollum because he is a very unique character and has an interesting split personality. I think I managed to express him well enough."

Radovan Zivny, 39, sculptor and graphic designer from the Czech Republic, told Metro. The festival has existed since 2006, and has grown every year. The sculptures, which this year include Harry Potter, Batman, Yoda and more, take about two weeks to build.
Visit metronews.ca and check out our photo gallery.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Since we spend more time stuck in stupid real life than we do enjoying international tourist traps, it's up to webcams to allow us to live vicariously through them. Here are some streaming looks at some of the world's more unusual tourist spots.

Abbey Road

What's more entertaining than the persistent traffic-halting parade of people recreating a certain iconic album cover? Watching locals trying their best to politely dodge them. Click on abbeyroad.com/crossing

Panama Canal

A man, a plan, a canal and a webcam. Obviously, this unfolds at a leisurely pace, but checking in from time to time makes an impressive montage. Go to pancanal.com and click the multimedia tab.

Shibuya Crossing

Since my own attempts at filming a stroll across Tokyo's notoriously crowded scramble crossing ended up looking like Cloverfield, this is where I go to relive it. Visit goandroam.com, click Tokyo then Shibuya street cam.

Tweets

@metropicks asked: A man got $8K for the "pain" of listening to a Disney song over and over. What's your nightmare repeat song?

@Jer_Godfrey: my nightmare songs - barney theme song or anything from justin beiber!

@BrynnELangille: Mmm bop- Hanson

@mmmhustler403: I Knew You Were Trouble by Taylor Swift gave me a headache.

@hammertime9909: Bennie and the jets, no question about it. #benniebenniebennieben

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We've got plenty of jobs up here.

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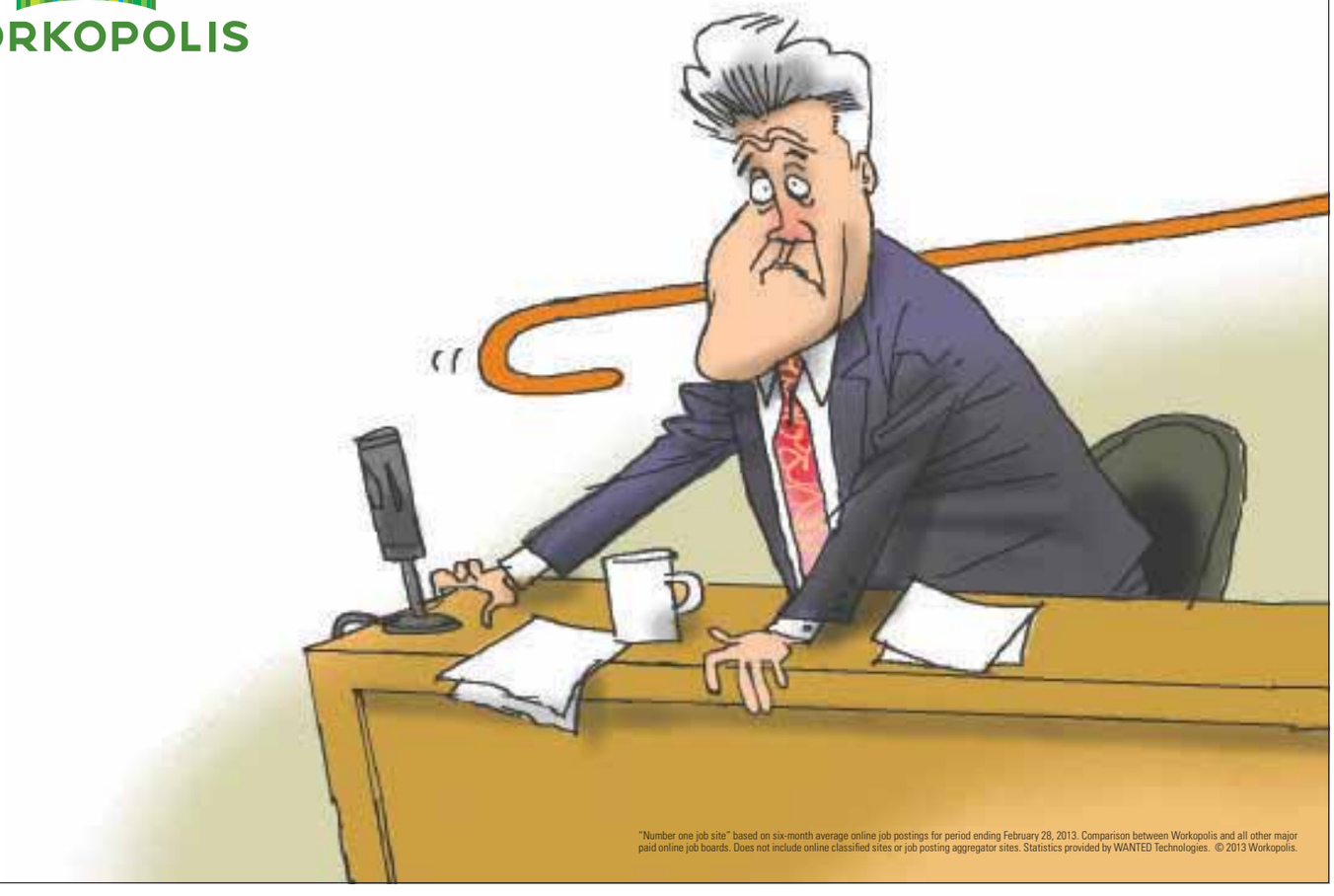

"Number one job site" based on six-month average online job postings for period ending February 28, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Synopsis

Based on Hasbro's G.I. Joe toys and comics, Retaliation sees the G.I. Joe squad — Duke (Channing Tatum). Roadblock (Dwayne Johnson), Flint (D.J. Cotrona) and Lady Jaye (Adrianne Palicki) — framed for treason. Shut down by order of the president (Jonathan Pryce) they team with a rogue general, Joseph Colton (Bruce Willis), to battle venomous international terrorist organization Cobra and super villain Zartan (Arnold Vosloo).

- Richard: ●●○○○
- Mark: ●○○○○

Channing Tatum and Dwayne Johnson flex their muscles in G.I. Joe: Retaliation. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A real American no-no

Retaliation. Second instalment of the G.I. Joe series beats the tar out of viewers

Richard: Mark, I enjoyed watching GI Joe: Retaliation, but it wasn't the movie I thought it would be. It was written by the people who did Zombieland, so I expected a higher laugh to body count ratio. I didn't think it would be Zero Dark Funny or anything, but every now and again it would tease me with a line like, "They call it a water board, but I never got bored," that made me wish for more belly laughs and fewer bullets. What did you think?

Mark: The spirit of Michael Bay hangs over this movie like a shroud, suffocating it with inane plotting, cardboard characters and meth lab editing. I thought I disliked the first G.I. Joe but this one makes the original look like Citizen Kane. No wonder Charming Tater, or whatever his name is, had the smarts to limit his scenes to his contractual obligations only.

RC: This one makes the assumption that the audience has read the comics and knows the mythology surrounding the Joes (all you really need to know is that "Joes" rhymes with "heroes"), Cobra (the bad guys) and the various ninjas. That's where this movie lost me, story wise. I was glad the ninjas were there — there's a wild ninja chase in the middle of the movie — but their backstory muddies things up. Remind me again, is Storm Shadow a good guy or a bad guy?

MB: Couldn't tell. Same with the ninjas. They have a great scene on a mountain, though, the best in the movie. But otherwise, the film just crowds in as much action as possible, and hopes we'll find Jonathan Pryce as dastardly as he thinks he is. The rest of the cast seems a bit stunned by the plot, even The Rock, although Bruce Willis is a welcome arrival midway through. But it's like putting a fine béarnaise sauce on a rancid flank steak. In glorious 3D.

RC: I liked it more than you. I was content to sit back and watch things explode — the little flying bug bombs are cool — and watch The Rock flex his muscles, but I did feel the action scenes, while plentiful, were shot so that it was often difficult to tell who was beating the tar out of who.

MB: Me either, but in the end, I felt the movie was beating the tar out of me.

RELIEVE STOMACH PROBLEMS NATURALLY

IBEROGAST COMBINES NINE HERBS THAT HELP SOOTHE DISORDERS

Got a nervous stomach?

Besides trying home remedies, such as sipping mint tea or eating a few plain crackers, one of the newest natural remedies in Canada is an over-the-counter product made in Germany called Iberogast. This herbal remedy combines nine herbs that help relieve various symptoms of reflux and other functional gastrointestinal (GI) disorders.

GI disorders affect millions of people of all ages, according to the International Foundation for Functional Gastrointestinal Disorders. The foundation explains that problems occur when nerves or muscles in the digestive tract or intestines impair function and cause everything from nausea, bloating and discomfort to cramping, heartburn, abdominal pain, and constipation and diarrhea. Diagnosed GI disorders include functional dyspepsia, irritable bowel syndrome, reflux and GERD. But many people experience symptoms periodically and often turn to antacids and other medications.

CONTRIBUTED

"With so many people looking for natural ways to manage their health today, it's worth a try to see if Iberogast will work for you — and most likely it will," says Iberogast spokesperson Garrett Sher.

Iberogast has been used in Europe and around the world for more than 40 years. Clinical studies show that it is safe and effective with no known side-effects. Patients use Iberogast when they are experiencing symptoms (20 drops in a glass of water or juice three times a day) or as a preventative measure for a chronic condition.

The main herb in Iberogast is iberis amara, which helps to soothe muscles in the gastrointestinal tract. It works together with lemon balm leaves, which calm a nervous stomach, peppermint leaves to treat cramping and gas, and chamomile that calms the gastrointestinal tract. Angelica relieves cramping and aids digestion, caraway fruit reduces gas, St. Mary's thistle supports the gastrointestinal tract, and licorice root and celandine treats cramping.

Speak to your doctor if your stomach problems last for more than five days.

DR. OZ WEIGHS IN

Iberogast is one of the worry "cures" for the stomach that were highlighted on a recent Dr. Oz show. "When the stomach is in knots, it's like an antacid, only better," says Dr. Mehmet Oz, a surgeon, author and TV personality, who was first introduced to audiences on Oprah.

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Cinema. In the mood for the sinister?

There was a time when edgy, new exciting indie horror films would almost always find homes in movie theatres. Cineplex's Front Row Centre Events and Raven Banner Distribution is celebrating that time with their adventurous Sinister Cinema series, a monthly program that places four unique art-house horror films into 25 theatres across Canada.

The Sinister Cinema series kicks off with John Dies at the End. HANDOUT

John Dies at the End (March 27)
Phantasm mastermind Don Coscarelli's utterly mad meditation on a drug called soy sauce that gives its addicts a euphoric, dimensional travelling high and then promptly turns many of them into monsters. Based on David Wong's equally demented novel, John stars genre star Clancy Brown and heavy hitter Paul Giamatti and is about as fevered and unclassifiable a film as it gets.

The Last Will and Testament of Rosalind Leigh (May 9)
Toronto horror hero Rodrigo Gudino (founder of Canadian genre magazine Rue Morgue) delivers a slow, strange supernatural drama about an antiques collector whose late mother's home is actually a shrine to an angelic cult. The immortal Vanessa Redgrave provides a supporting role.

American Mary (May 30)
From the social networking heroines The Soska Sisters comes this audacious, twisted and blackly comic thriller. In it Ginger Snaps star Katherine Isabelle plays a troubled med student who gets sucked into the perverse world of underground plastic surgery.

No One Lives (June 19)
Director Ryuhei Kitamura (Versus, Midnight Meat Train) delivers a gory and engrossing thriller where good and evil simply do not exist. There's only bad people and well, badder people. When a gang of thugs discover a crime scene witness in a jacked car, they think she'll be worth a pretty penny. Until they learn that the young woman in question is far from innocent.

CHRIS ALEXANDER, MWN

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 29 TO THURS., APR. 4 . TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd.

Admission (PG) Fri-Tue 1:45-4:25-7:30-10:15 Wed 4:25-7:30-10:15 Thu 1:45-4:25-7:30-10:15 Star & Strollers Screening Wed 1
The Croods 3D (G) No Passes Fri-Thu 1-3:30-6:30-9:15
Dark Skies (14A) Fri-Thu 2-4:30-7:05-10:05
Escape From Planet Earth (G) Fri-Thu 1:35-4:05
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Thu 2:15-5-7:40-10:20
Identity Thief (14A) Fri-Thu 12:55-3:45-6:35-9:20
Jack the Giant Slayer (PG) Fri-Thu 1:15-4-6:50-9:30
Olympus Has Fallen (14A) Fri-Thu 1:30-4:15-7-9:45
Oz the Great and Powerful (PG) Fri-Thu 12:45-3:40-6:45-9:40
Safe Haven (PG) Fri-Thu 7:15-9:55
Snitch (PG) Fri-Thu 1:50-4:40-7:20-10

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26

21 and Over (14A) Fri 12:50-3:20-5:45-8:15-10:35 Sat 12:50-5:45-8:15-10:35 Sun-Mon 12:50-3:20-5:45-8:15-10:35 Tue 1:30-4:20-7:50-10:20 Wed-Thu 1:50-4:25-7:25-10:20
The Call (14A) Fri 12:40-3:05-5:30-7:50-10:10 Sat 3:15-5:30-7:50-10:10 Sun 5:30-7:50-10:10 Mon 12:40-3:05-5:30-7:50-10:10 Tue 12:45-3:20-6:45-9:45 Wed 12:45-3:20-9:45 Thu 12:45-3:20-6:45
The Croods 3D (G) No Passes Fri-Mon 12:05-2:35-5:10-7:40-10:05 No Passes Tue 12:30-3:35-7:15-10:05 No Passes Wed-Thu 12:55-3:35-7:15-10:05
Esmeralda Encore Presentation - Bolshoi Ballet (STC) Sun 12:55
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation 3D (PG) No Passes Fri 12-1:55-2:40-4:35-5:20-7:20-8-10:15-10:45 No Passes Sat 11:15-12-1:55-2:40-4:35-5:20-7:20-8-10:15-10:45 No Passes Sun-Mon 12-1:55-2:40-4:35-5:20-7:20-8-10:15-10:45 No Passes Tue-Thu 1:20-2:10-4-4:50-7-7:30-9:40-10:15
The Host (PG) Fri-Mon 1:30-4:20-7:10-10 Tue-Thu 1:30-4:20-7:25-10:20
The Incredible Burt Wonderstone (PG) Fri-Tue 7:55-10:30 Wed 6:45 Thu 7:55-10:30
Jack the Giant Slayer (PG) Fri-Mon 1:05-3:45 Tue-Thu 12:50-3:45
Olympus Has Fallen (14A) Fri 1:40-4:40-7:30-10:25 Sat 1:40-4:45-7:30-10:25 Sun 1:35-4:40-7:30-10:25 Mon 1:40-4:40-7:30-10:25 Tue 1:40-4:30-7:45-10:25 Wed 1-3:45-7:55-10:30 Thu 1:40-4:30-7:40-10:25
Oz the Great and Powerful (PG) Fri-Mon 1 Tue-Thu 12:30
Oz the Great and Powerful 3D (PG) Fri-Sun 4:05-7-9:55 Mon 4-7-9:55 Tue 3:25-6:45-9:55 Wed-Thu 3:25-6:50-9:55
Spring Breakers (18A) Fri-Mon 1:20-3:40-6-8:20-10:40 Tue 1:45-4:10-7:15-10 Wed 1:45-4:10-7:05-10 Thu 1:45-4:10-7:10-10
Spy Kids (G) Sat 11
The Ten Commandments (STC) Sat 12:30 Wed 6:30

Gerard Butler stars in Olympus Has Fallen. HANDOUT

Golden Mile
3806 Albert St.

Dead Man Down (14A) Fri-Thu 1:20-3:50-6:30-9:30
Django Unchained (14A) Fri-Thu 1:15-4:30-8:30
Gangster Squad (14A) Fri-Thu 6:50-9:45
Hansel & Gretel: Witch Hunters (18A) Sun-Thu 9:50
Life of Pi (G) Fri-Thu 1:10-3:45-6:40-9:20
Parental Guidance (G) Fri-Thu 1:40-4:05
Rise of the Guardians (G) Fri-Sat 1:30-3:55-6:45 Sun 1:30 Mon-Thu 1:30-3:55-6:45
Silver Linings Playbook (14A) Fri-Thu 1:15-3:45-6:35-9:25
Warm Bodies (PG) Fri-Thu 1:25-3:50-7-9:35
Wreck-It Ralph (G) Fri-Thu 1:35-4:05-7:05-9:40

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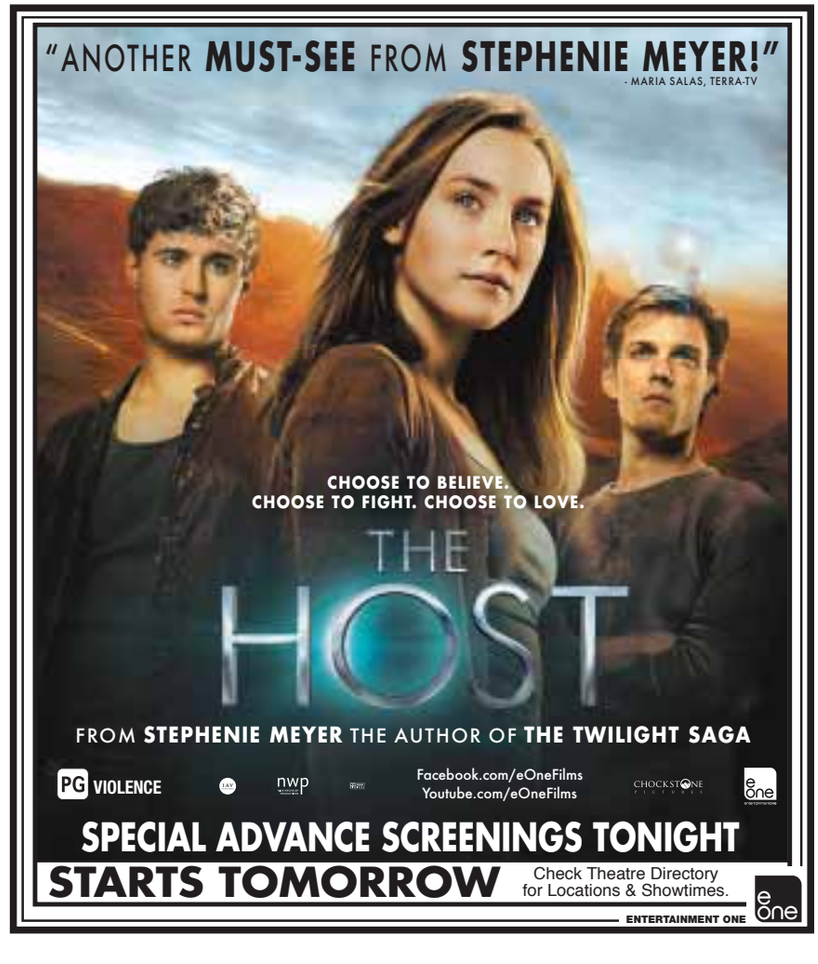

Hayden Panettiere. ALL PHOTOS GETTY IMAGES

Hayden Panettiere engaged to Klitschko?

Hayden Panettiere has secretly gotten engaged to her Ukrainian boxer beau, Wladimir Klitschko, according to Us Weekly.

"Very few people know, and she isn't wearing her ring publicly yet," a source says. "Looks like a summer wedding."

Panettiere and Klitschko split up in 2011 after two years of dating, and they have not officially confirmed they are back together, despite several public displays of affections over the past few months.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jon Hamm wants you to stop talking about his package

THE WORD
Meredith Engel
scene@metronews.ca

Jon Hamm is growing tired of the attention his private parts have been receiving.

"Most of it's tongue-in-cheek, but it is a little rude," he tells Rolling Stone of the photos spread online of his crotch.

"They're called 'privates' for a reason. I'm wearing pants. Lay off."

Of course, the Mad Men star doesn't want to come off as a complainer.

"I mean ... There are harder jobs in the world," he says. "But when people feel the freedom to create Tumblr accounts... I feel like that wasn't part of the deal. But whatever. I guess it's better than being called out for the opposite."

Exactly. Better than the alternative, Hamm. We could be talking about your Hammapillar.

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Joel McHale

McHale has no interest in hosting Oscars

Joel McHale doesn't expect to be hosting the Oscars next year, even if his fans think he's be perfect for the difficult gig.

"They're not going to call me," McHale said during an interview with Larry King, responding to a fan-submitted question about whether he'd entertain the thought of hosting the Academy Awards. "Would I entertain the thought? I just entertained it. I was very entertained. So was the thought. The thought was like, 'This was a great time.'"

Sean Penn's son gets into fight with photographer

Sean Penn.

Sean Penn's 18-year-old son, Hopper, is proving to be just as much of a fan of the paparazzi as his dad, reportedly getting physical with a photographer outside a Beverly Hills building, according to TMZ.

The photographer claims he and Hopper argued before the young man shoved him. But while the photographer reportedly showed police footage of the incident when they arrived on the scene, he declined to press charges.

Twitter

@SteveMartinToGo
I hope to go down in history with this historic Tweet. Yes, the one you are reading right now. It's got it all.

@kirstiealley
my timeline is broken... ouch

@lenadunham
Just turned around and my dog was opening an Amazon box. So, friends and family, great knowing you but it seems we have it covered here.

Justin Bieber

Did Bieber lay a beat down?

Justin Bieber is facing battery accusations made by a neighbour who claims the singer made threats during an argument near his Los Angeles-area home, according to E! News. No further details of Bieber's supposed behaviour were made available.

While no arrests were made or injuries reported, the L.A. Sheriff's Department is investigating the accusation.

"Everyone that we will need to talk to, we will talk to," a spokesman says. Bieber was stopping home in California this week between stops on his European tour.

Spring into a male makeover

Fashion. The change in the seasons brings a combination of classic staples and new trends, including suede, splashes of colour and blue suits

The wealth of fashion choices for men this spring will blow your mind—and your closet. ISTOCK

Men will soon be packing away the parkas and shelving heavy sweaters to make way for spring styles — and they'd be wise to leave plenty of closet space.

"I find menswear right now the best it's ever been. It's just more exciting, fun, colourful," says Melissa Austria, founder of Toronto menswear boutique Gotstyle.

While menswear doesn't change as rapidly as womenswear, it remains rooted in the classic staples — albeit with a twist, notes Shannon Stewart, assistant general merchandise manager for Harry Rosen.

"The polo is a great example. It's been around for decades and decades and we keep reinventing it really through colour and through silhouette," Stewart says.

Whether you're a fashion-forward fella or a style neophyte, Austria and Stewart have some tips on ways men can spring forward with their seasonal wardrobe.

1. Rainbow brights. It's not just flashes of colour in neckties, pocket squares, socks and collared shirts: a rainbow full of saturated shades are brightening up all facets of menswear.

"The overriding theme for the season is the sheer amount of colour," says Stewart. "Even from a psychological point of view, it just has an impact on a person. It instantly lifts their mood — and it can instantly lift a wardrobe."

Austria says the colours span the spectrum from reds to brighter greens to blues, oranges and yellows.

"It's a more toned-down silhouette. So, it's going to be a toned-down (coloured) chino that you're going to wear with a crisp white shirt. It's going to be a polo shirt that you're going to wear with dark jeans," she says. "It doesn't have to be that intimidating for guys."

Colourful patterns are also in the mix for spring, with smaller-scale houndstooth print, finer stripes and smaller grid checks in shirting, notes Austria.

While some men may have no qualms about donning pants in a bold hue or pairing a variety of shades within one look, both Austria and Stewart say more style-shy guys should start by opting for one core coloured piece.

Unsure of which shade to select? Stewart recommends blue, which she says is a "go-to colour" for many men.

"If they stay in that colour family of blues but maybe go a little bit lighter or a little bit more punchier with the blue, it's a simple way of just taking the blue up a notch from the usual navy or denim blue."

2. Tie one on. Bow ties are broadening beyond tuxedos and geek chic as a sleek alternative to neckties awash in vibrant hues, graphic patterns and even available in reversible varieties.

"Even if a man isn't planning on buying a new suit for the season, through dress shirts and ties ... or bow ties, you can easily freshen up a suit that you may have purchased within the last couple of years," says Stewart.

"We've seen a return to men wearing bow ties which is kind of fun. It's definitely a modern look, you have to be a little bit more confident in it, but it's just a great way to inject a little bit of life into the wardrobe."

Austria says the use of colourful, lighter-weight summer scarves — which has made a splash on the other side of the Atlantic — is poised to make waves closer to home.

"If you go to Europe, they've been showing them for 10, 15 years; and now we're slowly starting to see the guys embrace that in North America," she says.

3. Smart suiting. Austria says formal wear for men is true blue heading into spring after being "grey-driven" for some time. Austria says the new blue is a lighter hue and distinct from the midnight navy and darker shades of the classic colour.

"You can tell that it's blue and it's really fresh," she says. "I just find it more vibrant."

THE CANADIAN PRESS

Fun with footwear

Stewart says its all about suede and colours that pop.

- "It's still breathable, it's a natural material and it adds just a little texture," she says.
- Try a coloured lace or coloured sole for subtler effects.

Not just for Pee-wee

"We've seen a return to men wearing bow ties ... It's definitely a modern look, and you have to be a little more confident."

Harry Rosen merchandise manager Shannon Stewart

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Backstage @WMCFashionWeek with the talented Sunny Fong @ Vawk GREAT collection!

My seder table! Happy Passover! Such a blessing to be with family+friends. But I miss @joeyoneil :(

Back to my "radio" roots! At Astral radio studios recording spots for @EDITbyJeanneB

The Kit

Canadian street style

Spotted in: Toronto

Adelle
Student
Age: 25

What she's wearing
Deena & Ozzy hat, T. Babaton coat, Lush blazer and collared shirt, BCBG jeans, Casa Blanca boots.

Her inspiration
"Fashion magazines and vintage patterns. I like colour blocking, intertwining old with the new, and dressing comfortable yet sophisticated."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Something for every outdoor decorator

For summer. From au naturel to funky brights, outdoor decorating offers up many looks this year

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether you are someone who has fallen in love with nature's natural tones or are flipping for colourful brights this summer, there's something for everyone to help decorate the great outdoors.

Well-priced and national availability is what we're going for this week. Enjoy the pickings that are ripe for outdoor summer decorating.

Natural

Picnic basket

Get ready for a speed date with a fully stocked picnic basket for those visits to the park. Ventana Natural Picnic Basket offers a rustic look with trendy chevron weave, $52. **crateandbarrel.com.**

Woven texture candles

Add natural outdoor charm to your table with woven patterns on candles. Natural Woven textures meets beehive with the Brian Gluckstein's Texaline Pillar Candle for Hudson Bay, $8. **thebay.com.**

Brights

Outdoor light

Create night light with Outdoor Cube LED Light. Add a modern touch to your patio. The LED light features many colours and effects. $150. **thebay.com.**

Crocheted apple outdoor pouf

All-weather polypropylene brings casual seating to the patio in a contemporary, hand-crocheted round, perfect for lounging by the pool, $190. **crateandbarrel.com.**

Chevron-patterned rug

Add one of the season's biggest trends to the great outdoors with a Chevron-patterned, hand-hooked polypropylene rug in cream/brown, starting at $129. **sears.ca.**

Cement grey side table

Cool and contemporary style is easy to have. Handcrafted from stone composite and natural fibres, this makes the perfect stool or side table, $180. **cb2.com.**

Indoor/outdoor pillows

Artisan-inspired pillows create trendy pops of colour outside or in, $49-69. **cb2.com.**

Marble Mocha Cheesecake

This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Easter sweets get a grown-up flavour

ROSE REISMAN
for more, visit
rosereisman.com

Coffee and chocolate go so well with this creamy cheese batter.

You can double this recipe: Bake it in a 10-inch pan and add another 10 minutes to the baking time, baking until the center is still loose.

Ingredients

- 1 1/2 cups chocolate wafer crumbs
- 2 tbsp water
- 2 tbsp sugar
- 1 tbsp vegetable oil
- 1 2/3 cups smooth light ricotta
- 1/3 cup softened light cream cheese
- 3/4 cup granulated sugar
- 1 egg
- 1/3 cup light sour cream or 2% yogurt
- 1 1/2 tbsp all-purpose flour
- 1 tsp pure vanilla extract
- 2 tsp instant coffee granules
- 2 tsp hot water
- 3 tbsp semi-soft chocolate chips
- 1 tsp vegetable oil

1. Spray an 8-inch springform pan with cooking oil. Preheat the oven to 350 F.

2. For the crust, combine the crumbs, sugar, water and oil. Mix thoroughly. Press into the bottom and up the sides of the prepared springform pan.

3. For the filling, beat the ricotta, cream cheese, sugar, egg, sour cream, flour and vanilla in a large bowl or food processor until well blended. Dissolve the coffee granules in the hot water. Add to the batter and mix until incorporated. Pour the batter over the crust and smooth the top.

4. Place the chocolate chips and oil in a small bowl and microwave on medium high for 30 seconds or just until soft. Drizzle the melted chocolate over the top of the batter. Draw a knife or spatula through the batter several times to create a marbled effect.

5. Bake for 35 to 40 minutes. The centre will be slightly loose when you jiggle the cake.

6. Cool on a rack. Refrigerate for at least 2 hours before removing the sides of the pan and serving.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

For your phone

Dash Eggs! (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Let the Easter Bunny stay for breakfast. Dash magazine's interactive egg recipes include pizza omelets, scrambled slider burgers, sweet whoopee pies, snappy salads, and puppet spoon crafts for the kids.

Springtime pound cake

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp sugar, divided
- 3 navel oranges, peeled and segmented
- 1 cup blueberries
- 1 cup raspberries
- 1 cup quartered strawberries
- 1 tbsp lemon juice
- 1 tbsp chopped fresh mint
- 8 thick slices purchased or homemade pound cake
- 2 tbsp unsalted butter, softened

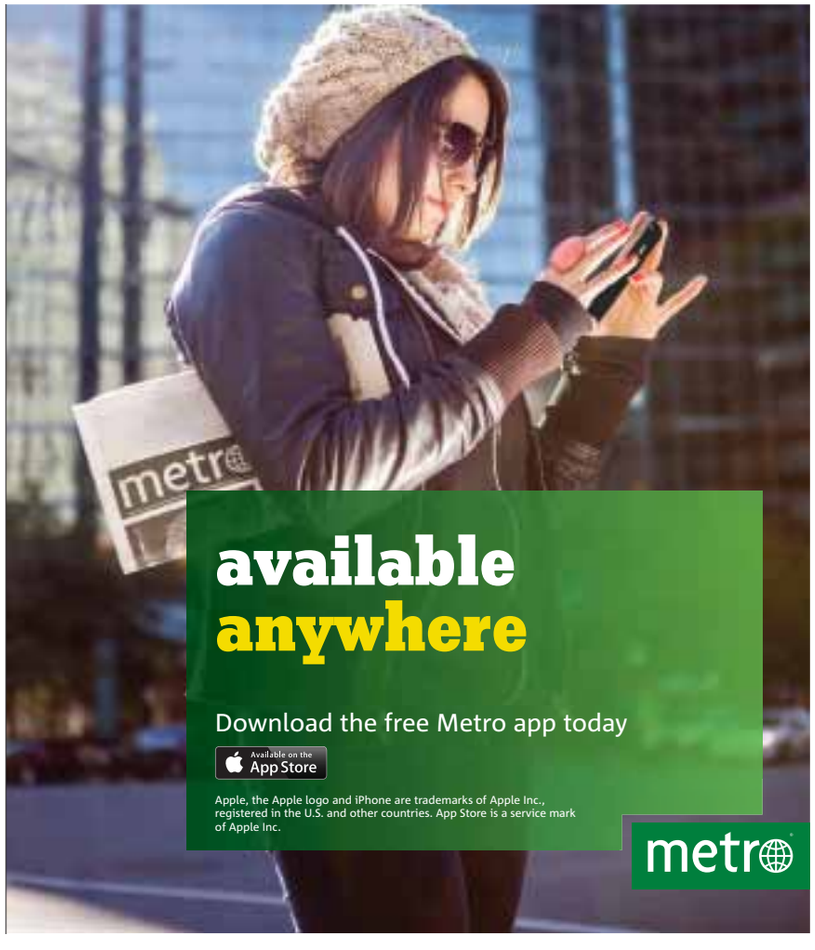
How do you make pound cake even more buttery and delicious? Easy! Pan-sear slices of it with butter and sugar.

If you know how to make a grilled cheese, you can make this dessert, which is a perfect ending to an Easter — or any springtime — dinner. Pan-seared pound cake is decadent and rich, so we've paired it with a fresh, minty fruit salad for balance.

1. In bowl, combine 1 tablespoon of sugar with orange segments, blueberries, raspberries, strawberries, lemon juice and mint. Stir gently, then set aside.

2. Spread both sides of each slice of the pound cake with a bit of the butter, lightly coating the surface. Use the remaining tablespoon of sugar to sprinkle over both sides of each slice.

3. Heat a large nonstick skillet over medium. Working in batches, toast the cake slices for 3 to 4 minutes per side, or until golden and caramelized. Serve warm and topped with the fruit salad. THE ASSOCIATED PRESS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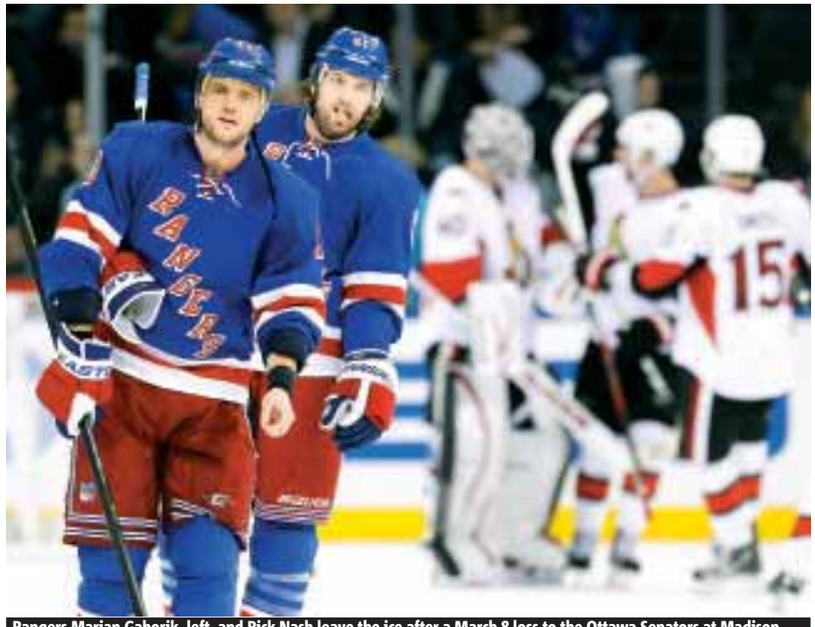
Running out of time in Manhattan

NHL. East's No. 1 seed in 2012 now clinging to conference's final playoff spot with month to go



Rangers Marian Gaborik, left, and Rick Nash leave the ice after a March 8 loss to the Ottawa Senators at Madison Square Garden. New York is clinging to a playoff spot in the Eastern Conference. MIKE STOBE/GETTY IMAGES

About 14 months ago, New York Rangers owner James Dolan made a rare stop at a postgame press conference and proclaimed his team fit for a championship.

"I think we're pretty close to getting that back," Dolan said of the Stanley Cup.

Get it back? Even with some big pieces, the Rangers would be happy this season just to get back to the playoffs. The Rangers are closer to missing the post-season than being anywhere near contention for a top spot in the Eastern Conference. Hanging on to eighth place by two points over the New York Islanders on Wednesday, the Rangers start the final month of a shortened regular season desperately trying not to fall from top seed to missing out in one year.

"I just think we have good people and sooner or later they're going to get out of it," Rangers coach John Tortorella said. "It's kind of in a little bit of a sprint here because we don't have a full season, we just have this month here. I hope it happens quickly."

The Rangers hope Tuesday's dominant 5-2 win over a Philadelphia team they have just owned the last two years helps build some steam for a playoff push. But it won't be easy. They have road games at playoff-bound Ottawa and Montreal and then another three games before an April 6 date at Carolina, the only team in a six-game stretch not currently slotted into a playoff spot.

The Rangers were expected to be the class of the East after a season in which they made the conference finals and were the No. 1 seed in the conference. Little depth, even less chemistry, overhyped forwards, and injuries, notably to defenceman Marc Staal, have left the Rangers (16-3-3; 35 points) foundering in eighth.

But there's plenty of time. After all, they just need to make the tournament at this point. What happens beyond that juncture is anyone's guess.

THE ASSOCIATED PRESS

Nash on his own

The Rangers are getting the production they hoped from Rick Nash (12 goals, 28 points) after a big off-season trade with Columbus.

- But sniper Marian Gaborik (9 G, 19 A) has been hit and miss, while former first-line centre Brad Richards (5 G, 13) has been an outright disappointment.

Quoted

"We have to battle right now for each point."

Reigning Vezina trophy winner Henrik Lundqvist

MLB

Happ breaks camp with Toronto

Toronto Blue Jays manager John Gibbons maintained all along that left-hander J.A. Happ belonged on the team. Now it's official.

The demotion of left-hander Ricky Romero on Tuesday put Happ in the Blue Jays starting rotation as fifth starter.

Happ had a good spring training, while Romero did not. Regardless, Gibbons felt Happ deserved a role with the Blue Jays despite the early plan to have him open the season in the starting rotation at triple-A Buffalo.

"No doubt, even if he had a bad spring he deserved to be on the team," Gibbons said Wednesday before the Blue Jays defeated the Tampa Bay Rays 6-1. "He's a proven big-league pitcher."

THE CANADIAN PRESS

MLB opening day

Geddy Lee to throw first pitch of Jays campaign

Rush frontman Geddy Lee will throw out the ceremonial first pitch when the Toronto Blue Jays open their 37th regular season on Tuesday night against the Cleveland Indians.

The vocalist, bassist and keyboardist of the Toronto rock band has been a longtime Blue Jays season-ticket holder and baseball fan. Lee and his Rush bandmates Neil Peart and Alex Lifeson will be inducted into the Rock and Roll Hall of Fame on April 18. THE CANADIAN PRESS

Ron Lancaster Jr. accepts the Commissioners Award on behalf of his late father at the CFL awards on Nov. 8, 2009, in Ottawa. Lancaster Jr. was found dead in his Hamilton apartment on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

Lancaster Jr. found dead in Hamilton apartment

Ron Lancaster Jr., a former CFL assistant coach and the son of Canadian Football Hall of Famer Ron Lancaster, has died.

An official with the Hamilton Tiger-Cats said the younger Lancaster was found dead in his apartment in Hamilton on Tuesday night.

Neither the cause of death nor Lancaster's age were immediately available.

Lancaster Jr. was an assistant coach in the CFL with Toronto, Edmonton, Hamilton and Winnipeg.

He made five Grey Cup appearances, winning three, including in 1999 with Hamilton when his father was the club's head coach.

"The Lancaster name has deep roots in our league and our thoughts are with the entire family during this time," Blue Bombers president and CEO Garth Buchko said in a statement.

The elder Lancaster won two Grey Cups as a quarterback with Ottawa and Saskatchewan before claiming two CFL titles as a head coach with Edmonton and Hamilton.

THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Now that the effects of the full moon are starting to fade, you will soon be back to your best. The various parts of your personality will quickly come into perfect alignment.

♉ Taurus
April 21 - May 21
The impossible looks easy to you at the moment. Forget about being practical: Let your imagination guide you in new directions over the next few days. If you want to know your future, look to your fantasies.

♊ Gemini
May 22 - June 21
There is no need to feel guilty just because some people have not been as fortunate as you. There is no such thing as luck: It is all part of the grand design. You must have done something to deserve it.

♋ Cancer
June 22 - July 23
What do you want to achieve in life? What do you want to be remembered for? If you make the right moves and talk to the right people today, you can give your reputation, and your dreams, a major boost.

♌ Leo
July 24 - Aug. 23
Life seems to be effortless at the moment. Everything seems to be falling into place. Cosmic activity in your fellow Fire sign of Aries suggests that your efforts will pay off in big ways — so get busy.

♍ Virgo
Aug. 24 - Sept. 23
What happened around the time of yesterday's full moon means there is no room left for denial. The time has come to face up to reality. What you think is a problem won't be a problem much longer

♎ Libra
Sept. 24 - Oct. 23
You can be a hit with important people today — if you project the right image. First impressions are important, so make sure what you do is in line with your long-term goals.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you have done something that is worth shouting about, you should try to maintain a modest manner. Authority figures know what you are capable of and what you have accomplished.

♐ Sagittarius
Nov. 23 - Dec. 21
You have the courage and the confidence to do something out of the ordinary. But remember you are still human, you still have limits, even though your limits may be wider and higher than others'.

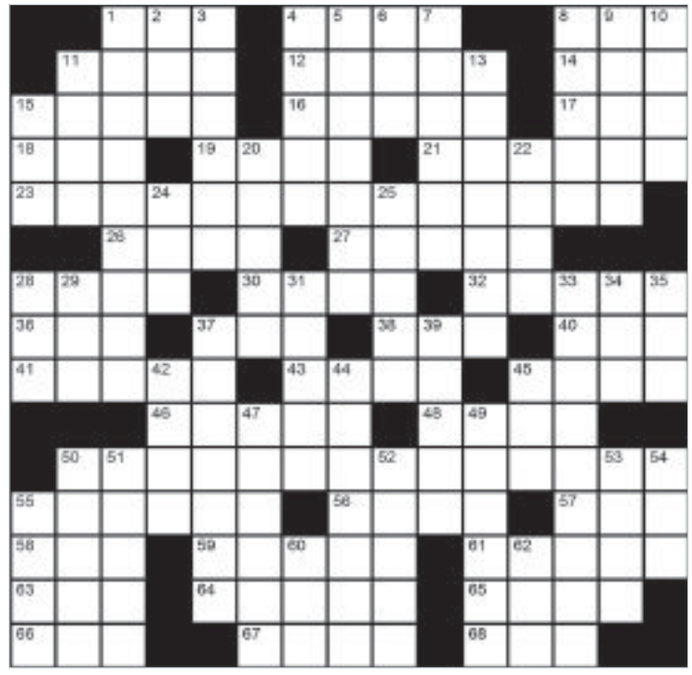
♑ Capricorn
Dec. 22 - Jan. 20
You may be determined to change your life but it seems not everyone agrees with the way you intend to do it. That does not matter. The only thing that counts is that you believe in yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You have the ability to notice things that others tend to overlook and that ability will come in use today. If knowledge is power then you have more power than just about everyone.

♓ Pisces
Feb. 20 - March 20
Your attitude to money seems to have changed a bit over the past few days. But you need to realize that although you may not care so much for the material world, you still have to live in it. SALLY BROMPTON

Crossword: Canada Across and Down

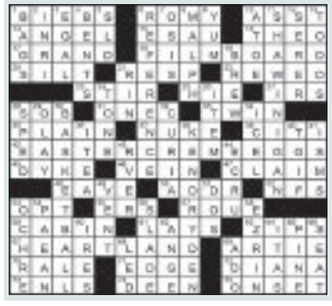
BY KELLY ANN BUCHANAN



Across
1. Small film role, __ part
4. Perry Mason's Canadian portrayer, Raymond __
8. Gladiator's 1060
11. Music's Ms. Turner
12. Bitter-__ (Diehard)
14. Be out of sorts
15. Farmland
16. Outpouring
17. Gun the engine
18. "Lord, is __ _?" (Last Supper question)
19. "Rebel Yell" singer Billy
21. From whom the new Pope takes his name, St. Francis of __
23. Canada's government, __ Monarchy
26. Leavin'
27. Category
28. Flow
30. "Egad!" sound interpretation
32. Mr. Savalas
36. Mauna __ (Hawaiian volcano)
37. Ben, to Brian
38. __ and outs
40. Battery size
41. _ __ of the tongue
43. "Look, all done!"
45. Clouseau's li'l rank
46. __. wage
48. 'D' of CD, variantly
50. Hockey legend nicknamed 'The Rocket': 2 wds.
55. Preacher's podium
56. Emperor of Rome
57. GBS part (Canadian band)
58. Entirely
59. Swap stock
61. "Of course!", in slang
63. __ Chi
64. Two-__
65. Islands: French
66. 'Eug' ender (Mr. Levy)
67. Some fishies
68. Paramedic's skill, commonly

Down
1. Speaks French and English
2. Percentage on a chg. card
3. South Pacific island painted by Paul†Gauguin
4. Stupefy
5. Puts away the electric guitar, uses the acoustic
6. Nutritional suggested amount [acronym]
7. Keep back
8. "West Side Story" (1961) role
9. Teenager in "The Sound of Music" (1965)
10. 46 in old Rome
11. The Jackson 5 member
13. Luxury getaways
15. __-Tac-Toe
20. Wild†dog of Australia
22. Snick-or-__
24. Chicago White __
25. Lukewarm
28. Miami, __.
29. Rock's __ Lonely Boys
31. Shenanigan
33. Bomber aircraft of the Allies in WWII, Avro __
34. Elvis movie: "Viva __ Vegas" (1964)
35. Mouth, slang-style
37. Ghosts
39. Low point
42. "It's my turn!": 2 wds.
44. Revised
45. Suffix meaning 'somewhat'
47. __ acid
49. Like a widely-recognized symbol
50. Disney flick of 1998 set in China
51. "Kate & __" ('80s sitcom)
52. Marsh plants
53. Tapes a show, for short
54. Morse Code bit
55. Hors d'oeuvre spread
60. Shakespeare's Much __ About Nothing
62. Matterhorn, for one

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	5	9	2	1	6	4	8	3
3	1	8	5	4	7	6	9	2
2	4	6	3	8	9	1	5	7
4	6	1	7	3	5	9	2	8
9	3	2	8	6	4	5	7	1
5	8	7	1	9	2	3	4	6
8	9	4	6	7	3	2	1	5
1	2	3	9	5	8	7	6	4
6	7	5	4	2	1	8	3	9

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Friday
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